| fayetteville fit**A free wellness program****New Participant orientation**WhenFirst Weds of each month, 10 amWhereBetter Health office1422 Bragg Boulevard**Fayetteville, NC 28301**Fayetteville Fit is a family program! Adult guardians must attend each session and participate with child or teenager.Learn more @ [www.betterhealthcc.org](http://www.betterhealthcc.org) | exclusivelyFor patients and families of CFV Endocrine Center and other partnering pediatric officeshours**Tues & Fri**6pm – 8pmjoin us forBasketballSoccerDanceCookingFrisbee& More!Earn BucksRedeem for gift cards, sports equipment, FF gear, and more! |
| --- | --- |

| Ready to join the fun at Fayetteville Fit?How to get started* Register for and attend an orientation session (dates on the front of this flyer) 910-483-7534
* Parents must stay and participate in the orientation and all other FF activities
* The entire family should come dressed in workout clothes for the orientation

Rules and Expectations**Please read ALL rules before attending Fayetteville Fit**1. A parent/guardian (age 18+) MUST be present with the participant at every session and remain as active as possible
2. Both the participant and guardian must wear appropriate workout clothes: close-toed shoes, active wear, minimal jewelry.
3. If siblings of a participant are attending, a parent/guardian MUST complete waiver form before participating. Parent/guardian MUST stay with child at all times and assume full responsibility for their safety.
4. Participants are only allowed to use rooms reserved for Fayetteville Fit and only when a staff member/volunteer is present
5. Strive to attend Fayetteville Fit at least one day per week! Work hard, have fun, and remember your Healthy Lifestyles goals!
 | **FAYETTEVILLE FIT****MASSEY HILL REC CENTER****1612 CAMDEN ROAD****FAYETTEVILLE, NC** contact us910-483-7534fayfit@betterhealthcc.orgfollow us Image result for facebook logo Image result for instagram logoFacebook:Fayetteville FitInstagram:Fayetteville FitQuestions?Contact our Program Connector, Krystal Jimenez at fayfit@betterhealthcc.org or 910-483-7534 |
| --- | --- |